





# Erie County Stay Fit Dining Program

## AFRICAN-AMERICAN MENU

### JULY 2016

Mon	Tue	Wed	Thu	Fri
				<b>1 Fourth of July Lunch!</b> Breaded Pork Loin w/Gravy Seasoned Red Potatoes Chopped Broccoli Whole Wheat Roll Apple Pie! 765
<b>4 Fourth of July Holiday!</b>  <b><u>NO MEALS SERVED</u></b>	<b>5</b> Cheese Omelet w/Cheese Sauce Home Fries w/Red Pepper Seasoned Spinach Multigrain Bread Fresh Orange 746	<b>6</b> Beef Pepper Casserole Brown Rice Tender Peas Carrot Coins Fruit Cocktail 609	<b>7</b> Sliced Turkey & Gravy Soft Roll Garlic Mashed Potatoes Chopped Broccoli Fresh Cantaloupe 555	<b>8</b> Homemade Stuffed Pepper Savory Sauce Mashed Potatoes <b>Seasoned Mixed Greens</b> <b>Fresh Cornbread</b> Fruited Gelatin 912
<b>11</b> Swedish Meatballs White Rice Brussels Sprouts Carrot Coins Fruit Delight Cookie 754	<b>12</b> Stuffed Shells w/Meat Sauce Cauliflower Green Beans Italian Bread Diced Peaches 743	<b>13</b> Breaded Chicken Cutlet w/Gravy Whole Wheat Soft Roll Duchess Mashed Potatoes Mixed Vegetables Fresh Cantaloupe 687	<b>14</b> Shredded Pork in Gravy Soft Roll Mashed Sweet Potatoes Coleslaw Fresh Banana 928	<b>15 ENTRÉE SALAD</b> BBQ Chicken Breast Fresh Mixed Greens Classique Salad Dressing Tender Corn Cherry Tomatoes Tropical Fruit 780
<b>18</b> Lasagna Roll w/Meat Sauce Cauliflower Italian Style Beans Italian Bread Diced Peaches 686	<b>19</b> Turkey & Vegetable Stew Mashed Potatoes Buttermilk Biscuit Fruited Gelatin 642	<b>20</b> Ham Steak w/Mustard Sauce Scalloped Potatoes California Mixed Vegetables Multigrain Bread Cookies 833	<b>21</b> Boneless Chicken Breast w/Gravy Mashed Squash Brussels Sprouts Whole Wheat Roll Yellow Cake w/Chocolate Frosting 699	<b>22</b> <b>Southern Style Beef Stew</b> Lyonnais Mashed Potatoes <b>Buttermilk Biscuit</b> Strawberry Bavarian 732
<b>25 X-MAS in JULY LUNCH!</b> Sliced Turkey w/Gravy Cranberry Sauce pc Mashed Sweet Potatoes Green Beans w/Red Peppers Whole Wheat Roll Lemon Meringue Pie 847	<b>26</b> Hot Dog w/Sauerkraut & Mustard Hot Dog Bun Seasoned Red Potatoes Mixed Vegetables Tropical Fruit 693	<b>27</b> Boneless Chicken Breast w/Gravy Oven-Browned Potatoes Tender Peas Whole Wheat Bread Orang-Pineapple Velvet 634	<b>28 NEW ITEM!</b> Sliced Roast Beef w/Gravy Mashed Potato Carrot Coins Dinner Roll Oatmeal Raisin Cookies 759	<b>29 ENTRÉE SALAD</b> Tuna Pasta Fresh Mixed Greens Classique Salad Dressing Carrots & Cherry Tomatoes Fresh Cantaloupe 730